

## Radial Head/Neck Fracture Discharge Advice

- You have a very small break in the radial head or neck - one of the bones in your elbow.
- These fractures almost always heal well with time and use - no specific treatment is required and therefore routine follow-up is unnecessary.
- A sling will hold your elbow in a comfortable position for a few days.
- You should wean yourself off this as your pain settles and aim to remove the sling completely as soon as you feel able.
- You may initially require regular pain killers as it is important to keep gently moving the elbow and gradually resume daily activities within the limits of discomfort. This will prevent stiffness and ensure the quickest return to normal function.

- Forcible stretching is unnecessary, and is likely to cause pain and delay your recovery.
- Symptoms are usually minor, but may take up to 3-6 weeks to settle.
- There may be slightly reduced movement at the elbow, especially on straightening it, but this is unlikely to affect your function.



**Should you have any worries or concerns following discharge from hospital, please contact either the:**

- 1) **Virtual Fracture Clinic: 0141 314 7244**  
(8am until 4pm Monday - Friday)
- or
- 2) **Minor Injuries Unit: 01389 817530**  
(outwith these times)